





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>OCTOBER 2015</h1> <h2>Brunswick Senior Center</h2>				9:00 strength T. 1 10:00 Today's news 10:30 – Craft Project Candy Corn Banner 12:30 Birthday Cake & Ice Cream	10:00 Today's news 10:00 Board Games 1:00 Local Shopping	3 <div> <i>Department of Aging trips for October:</i> </div>
 1	5 CENTER CLOSED	6 9:00 Strength Tr 10:00 Today's news 11:45 Nutrition Minute 10:30 Wii Bowling 1:00 Trivia	7 10:00 Today's news 10:30 Sit & Be Fit 12:45 "Box" BINGO	8 9:00 Strength Tr. 10:00 Today's news 10:30 Cooking w/ Pumpkin-Easy Bread 10:30 Wii Bowling	9 10:00 Today's news 10:30 Dominoes 10:30 am Wal-Mart Shopping Trip	10 <div> <i>10/23-George Washington Masonic National Museum</i> <i>10/30-Misty Meadow Farm</i> <i>Registration begins 10/6</i> <i>For more details about trips please see trip flyer or call for more details 301-600-1605</i> </div>
11 Strength Training Classes are held Tuesday & Thursday at 9:00 am at the Brunswick City Park. 1st class is FREE!	12 CENTER CLOSED <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	13 9:00 Strength Tr 10:00 Today's news 10:30 Wii Bowling 12:00 Church Lunch 12:30 Word Games 5:30 PIZZA & Card Party	14 10:00 Today's News 10:30 Sit & Be Fit 11:00 Nurse Steve "Falls Prevention" Blood Pressure Screening 12:45 "Paper" BINGO	15 9:00 Strength Tr. 10:00 Today's News 10:30 Craft Project-Candy Necklace 10:30 Wii Bowling Oktoberfest Special Meal 12:30 Music with Pete	16 10:00 Today's News 10:30 UNO 10:30 Craft Project-Candy Necklace 1:00 Local Shopping 	17 <div> <i>Registration begins 10/6</i> <i>For more details about trips please see trip flyer or call for more details 301-600-1605</i> </div>
18 	19 CENTER CLOSED	20 9:00 Strength Tr 10:00 Today's News 10:30 Wii Bowling 12:00 Baked Potato Bar 1:00 Trivia	21 10:00 – 3:00 DAY TRIP Antietam Battlefield Sharpsburg, MD	22 9:00 Strength Tr. 10:00 Today's News 10:30 Cooking w/ Pumpkin Upside Down Cake 10:30 Wii Bowling	23 10:00 Today's News 10:30 Rummikub 11:00 Craft Project-Candy Scarecrows 12:00 Pizza your way! 1:00 Local Shopping	24 Fall Gathering Picnic held at the Brunswick House Hosted by the BEACON. Call the center for reservations. Transportation available
25 <i>Brunswick Senior Center</i> "Where the finest people meet"	26 CENTER CLOSED	27 9:00 Strength Tr 10:00 Today's News 10:30 Wii Bowling 11:00 Fred Bailess "Good Mental Health" 1:00 Trivia 5:30 Dinner & Card Party	28 10:00 Today's News 10:30 Sit & Be Fit 11:30 BP Self-check 12:45 "Orange" Bingo	29 CENTER CLOSED Staff Development	30 10:00 Today's News 10:30 Wii Bowling Competition-come show off your skills 12:00 Sub lunch with Pumpkin treats 1:00 Local Shopping	31 